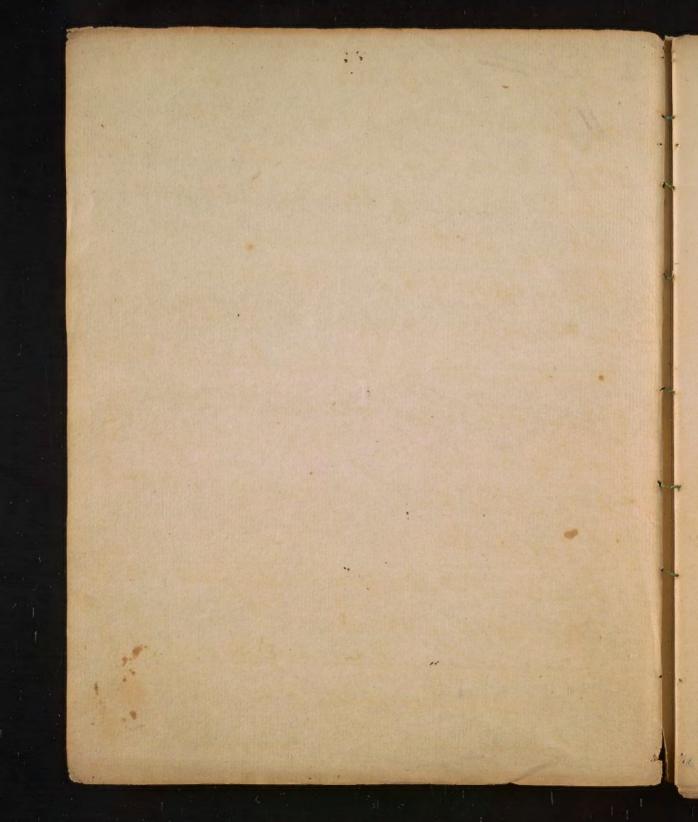
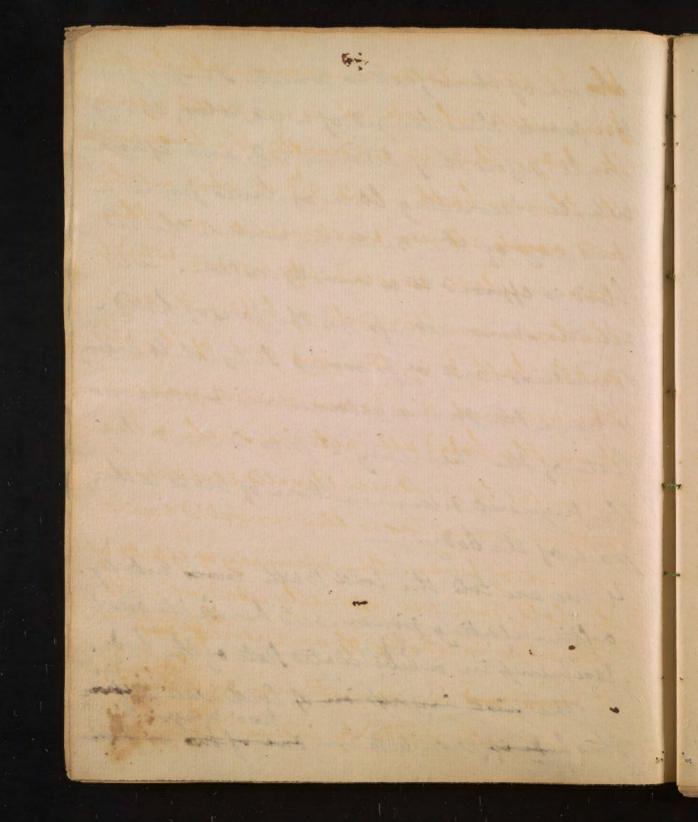
10 BDI-2 brille dererible ynalities of the air. of Cold - count? 7396



given of this fact is comet, I infer from. the parts thus tinged of a us lolor, being pale before they burne red, and after a while buoming blue or lived from a tending of the pasts in which the red blood is effersed to a mostification. We ter the same romes in the face of hard: = Dirichen, and of pressours Subject to Angen, & from the James relaxation & pervious Thate of the apillary vepels indued by The Juguent Idenmination of blood to that part of the body. 4 we are too the cold Bath was not by afternulating power, and hence its great Usefulvep in a debilitated State of the body. this hodgies can acts in the free or both



the It stimulates mechanically by the form with which it is impelled against the body. This is wideratty the Casewith the thower bath, and 2? it white wets heat and saids ridues existement, and thus accumulates excitability upon which the Common Himseli of life - the exections intter bath, & in Corning out of it, and the external dir [ now much warenen than the body) all act in such a man. - ner as to produce clivated varilement and in some Chouse the morbid existe: = ment of fever. The minary of effects of the Cold Buth are indiretty wantive. Its 5 Itsis mid bre Lymstimes he a Branght of Coto water Indenty induce partial or

the St stringerlating are in a marchely by the free with which it is impulled against the lodge. This is widowally the assering the Morney Cather and 2th it abote ment time ing society and wife enrichment, have totans necessignedates en withing representational the processory terment of bythe - the describing inthe lately to in Country part of it pand the extended the from mount wason them the loty all and in one in our to produce clarated encilouring and of from the primary of effects of to lot made was ignorably won friend. of our reality hand I disco with

general hreats. are not thise hweats the. effects of a Chimmelating power of in Cold? - Janower - ero - the told water in this Case acts by ridning the System to the Imenting point. her see the sumething occur from bleding, and from other depleting Indicines. he su it libroise from the caternal application to cold water to the body in a fever. I have once this hwent in or from to be con-= fined exclusively to the past of the body to which the water was applied. It was a patientin Thomas when hospital. 6 The Critis anserina which is indued by Cold by her her resided to hupped the Shire the is probably the shire of the Shire was is mula.

V or if he not its natural flate, il many he induced his a partial Contraction of the Skin from the abstraction of the Stimethes of heat - is to leave a part of the extremities of the arenes or blood: - repelo in this gratural State.

I would a wife about the service of

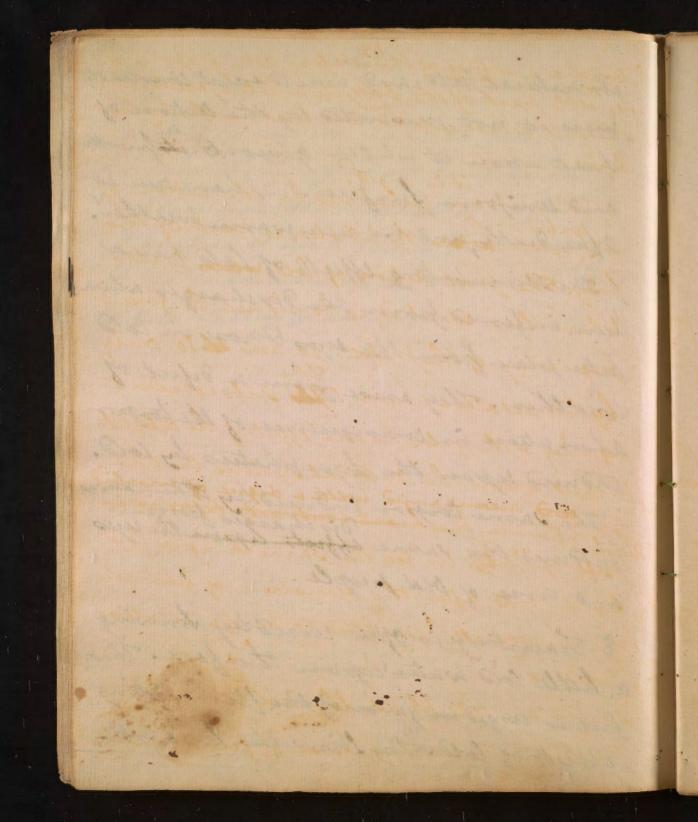
many and or has been a low

The the property of

AND STREET STREET, STR

extending the state.

its natural state, and would exist constantly were it not prevented by the action of heat upon it while gives it its prouth and uniform Surface. I haveleen it after death, and in very warm heather. y The Stimulating effects of Cold have been inferred from the Discharges which take place from the eyes Grose in told breather. They arise from a defect of absorption in consignence of the loopon indued upon the Lymphatics by lold. - The same torgoon induced by Other lauses produces the same offert approache eyes and evose of Old people. & Frainting is Often crued by throwing a little Cold water upon the fall. This fact is argo in favor of the Simulating effects of Cold. The Stimulus here is the



weight and force of the body in a flate of excitability sensible part of the body in a flate of excitability I would accommend and that in the highest I The publis grichma by the action of water took whole, or part of the body. The first action of Cold tobas water When thus applied, is to so well force de Juguerry of the pulse. It does \$50, only by its eld ation & power . The rubs equent frequency of the pulse is the effects of the debility Cold, - Beneg the heart bouts out bufore it is autistic to bloods the see the same thing in low fires, and after the operation of bear which is universally admitted to be of a reductive nature. 10 we are toto that the Cool or cold air is Often an exiting Course of fever - and that

V Aut only fives, but were convulsions in the morning une cular System, are Bornstines brought our by the same. I Dation Causes. the second second The state of the s

it envest act in this last by ufhimulating former. To this I answer - that the ald, or Cool air may act in two ways I by cheeling perspiration which by stimulating the Capillaries directly, only being absorbed, and thrown upon in itable parts, enay induce fever, on 2h it enay as I formerly said troying the equilibrium of the System by its fedative power . In This way a temporary from is sornstimes Enduced by fear and grief both of which my know to be sedative papious. & furn is even induced by bluding when distinto and and remove books Congestions in the brain, his removed by we know to be of reductive nature. know the followers of DiBrown ascribe the production of fines to the heat which Sucueds The application of Gold to the body, and

from its always indicing from the a redotine excitatifity in the payts hip of the body to which it is applied - provided now firm. - lants of all kinds expend existability, or con. evert it into exceptment. This pingle fact is sufficient to establish the minisple of ans defending In spenning of the accumulation of defending in Spinism of the determination only when existally by Cold, take motive I mean only when a thort it is expended as time. If her applied a great while it is expended as time. If her applied a great while it is expended as time. If her abstraction of hight, as few is the applied on debility and discuss and the applied of the abstraction of Stringth, of heat of heat of Thall resum thirts and apply this doctrone When I come to but of the Cure of ferress. + So foreibly did the truth of the opinion I have definded, Strike the late De Beddees that he has left it upon severs, that if he were to fix upon a briterion to establish the greatest possible mejurie or Obliquity of the human Understanding it should be

hence they have changed the common, That from are bornetimes taken in this way there can be no doubt, but it is only when the heat mends the long and feeth digares but I believe they are of people in the ways I have mentioned vig the sedation action and the sedation action of the Cold from industry distroying the equilibrication of the Cold from my distroying the equilibrication - une of the System . The antermoral fivers appear to be brought on in this way when they make this first attach after wearing this Clouthing, or sheppingling -den light a lovering. The action of the Lold is enrech favoured by the body being impregnated with miasmata from vytable I arinal probefaction at in the fall of as moral wit as the effect of the abstraction of moral good ias Dashness is the effect of V

the truth of the remark.

V for this off respect it and only of the negative wils to which I have just now compared it for moral wil, - Darhuefs, and fear all produce the most series positive and all produce the most

Dight and form of the touter arting upon a sensible part of the lift in a flate of the bighest despres of account when ast. that too in this highest degree I While I thus down that the ascribe a angative quality, or a dedative operation to Wells I admit that it produces on my positive effects is pour the System. I shall now proud to encentrate the will furnish many further proofs that wild does not popys Himmelating pomeros -I lotte Eved induces debribits and excitability rays on the artical System, and this Dispose to all the different forms of fewer lohen tury interest, it creates pain in the breast. This was unsibly felt by the

It, weakens and sometimes distroys Sensibility, and that to such a degree that sof the soldiers of the workers of the workers of the workers ful major from wounds made with glap in the Soles of their feet.

funch academicians who went to measure a clique near the worth poll st Sometimes brings on tropposts vis It also Sio posts on fores to bed. 2 It affects the news with topper, thus disposes to the hypocondicue discuse. 3 It grownes languor in the unseles bear indisposition to bothentury motion. hence it has been said the inhabitants of cold Countries were made to be flaves the will being too weak in them to oversome The languor in thismuscles, it should be Himselated into action by the Willofa master. This Argunient to be true Should be reciprocal of between moster & Slave, for the effects of Cold are the same Each of there 4 Cold when intense, indus fint head do Here Physicals, and afterwards acts. Upon the brain, and indues pain-Sluppines

el

I By Woring perspiration, and thurs removing the natural moisture and foffuets of the pin it Jules the Sensation of touch, to I Jays that arremals that perish with Low retain their appetition to the last of this lives. Vita lots when applied permanently changes Even the figure of the face. It conficult the oge lifts - and reduces that brows for By the to afen the pain of the devates the check-- bonce and lepens the length of the faces and this produces this admersprine of generations the contracted of broad face of win forenties;

and death. 5 to 48 Be It delis litales the boundties of the mind. & It affects several of of the lenses. I have ahody mentioned its Offects upon the finse in inducing pain of touch & It lapens the auntines of little impart its being accompanied with the reflection of the rays of light from the Snow . # for animal food. Homes cat more in cold Hables than in Close and warmin Dones. The Stimulus of aliment serves to counter. - act the debility indued by the Cold. It even anakurs appetite in lot themate when it a succeeds as hot day in the priddle of the night in waren Chimades. De arbuthmet Bothe effection ( low upon the Shein are as various as the effects of heat. By

- y - 2 m 16 y - 15 - 16 V loto when apoplied for a long time produces fores and When on the Skin.
This was remarkably the Case on board the american floors of war the nuntilus in the winter of 1811.12. ----- Marine part of a direct

Obstructing prospirations it dispress to cuta mens emptions , as when it has not this effect, it enerces the scention & Discharge of Unine. This is to fuguently the Case that DofyDunham suversmends the application of it to the Thin to reveres the Insprepion of Unive which downstimes takes place in the enalignant fevers. - It enders hunting some difficult, and hence the propriety of sesorting to Other worder of depletions in the funes of Cold Climates. When applied for a long time it Winter the Whole Colon upon the Skin proundling that which is produced by the long application of heat. 9-19 told weahers the Veneral apprilite. Puhaps it way have this effect by the reflections when chear it indues of the difficulties of suppor - ting a munerous farmily of Children

body, but of the shorter length of the face. They are better of the face they are the forter of the face they are the face they are the face of the cold is aid by preferred to obvious cold in the lines abody, and by the of It shall conclude this around of the positive effects of Coto leg tuking notice of a fact bately established by a number of experiments drade by Dela Roche of Geneva, and that is - animals live longer in a temporature of air lower by a ysluter brown ber of degrees than 96 M life cuts of breat. 1. sail the said + the propour of the Coner upon the upper . four . The last shorters the face .

when for the minus of Subsistence are less abundant there in warm Countries. Told contracts the Tolids of the human body in such a manner as to divisionish this a lapse of generations the fire of animals. The human hody is lepned by it. This is Observable in the inhabitants of the extremity of the with of Surosse. It is by its contines -ting was the files of the looks that a few Desgin of Colo Water energies the pain of The rack when theren upon the body. It It acts by encreasing the tary ing to a foliation of Continuity. Con the pain of contraction is added to that of distinction. \_ V Let us next inquire into the relative effects of Cold in producing disease and hered there follow the dame order as in I seeking of the relative of the follow the dame order as in I seeking of the relative of the left are left and left its Uniformity. The most healthy binters I have known in Philad: have been those ise which a day - uniform Cold prevailed.

+

V This is obvious every day from the insensibility of the face and hands to the cotoness of the air, but to with which we lot oness of the water with which we wash our books of my them every and face with the whole body is destroyed by habit. The same thing does not take Island when the feet are insmend in cold wester. The whole body sympathines in the 600 indued in thema

I observed this it the first time in the year 2764 When a tondent of medicine. Discrees are locked up in Carada and & in Rufria During the Winter . Everethe Cataralthe usual discuss of variable Ile winter is unknown in that In guthrie titts we in the late Constage I in amount the Catter Country! The Jame auvent is given by Pontoppidan of the healthings of the writers in naway. They are so in all those Countries, only busines they are uniformly and & days 2 The morbid effects of Gold are marrows time and habit! Cold after a while produces inscribility, not only to itself, but to heat. This has often been observed in the westfre = Dies, where the Enropeans bear the introve

V It is felt way day from the firsunsibity of the face and topids to the colones of the water with which we wash them every moming:

heat of the Sun better than the natives of the Islands. This insensibility to heat is to be arguined only by living in the Chineste upon the body that is of Cold, alternated with little heat. In a Climate like ones we lose in the insussibility of to Cold contracted by a single winter by the Inewding heat of the Juniorer. The evan therefore who attempts. to fortify himself against the cold in Penns who arria by light Clouthing will have his work to begin and do our again every winter Is he should arguire his long sought for insusibility to Cold it will be in the same way in which a from taught his house to live without. the poor animal distinguistality

V the feet and trunk of the body from an insensibility to Cold wontracted from their being more constantly caposed to the Cold.

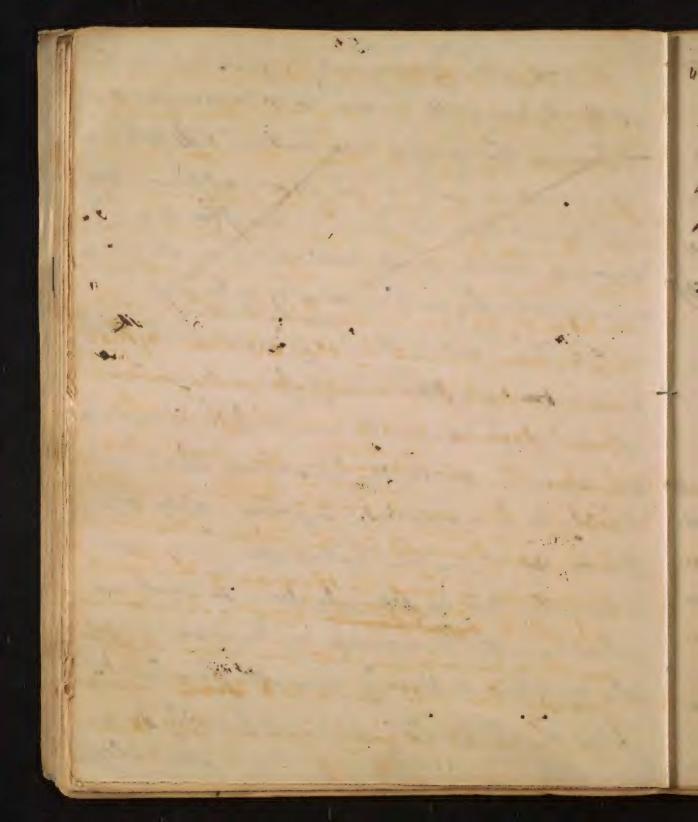
was perfectly tought his new lepour, he died . ]-3 They are lefound by the natural in. - sunsibility of some parts of the body to this operation. The hongs feel the Low, which life than any Other part of the body. The head is insensible to of the bosin that it is sellow perhaps - mittent. The hands Ugan inter & than 4 They are lepned by menous who are affected with the layeren of Themison - that is who propels a pudisportion to newous Discases. Thener hysterical patients have suffer heest in Coto weather. of a Child being from alive reported death.

V provided they do not excel things? on the natural timperature of the home = mon body. Bayond this grade, no · lensation of Cold is felt from the De = Scent of the meseury in the Thermonder, 1 - 1 - 0

The morbid effects of Cold are encreed, I by previous heat. The bold acts diffirently according to the following lis currestances. 1 The digrees of previous heat. The higherthe grade of heat the more sensibly the small deviations from it act inpor the body,
but says the air when the fell from 112: to 80: attayed after any rocco wind Lad paper over the City of naples was attended with a painful few ation of Cold. To avour Houndolt informed me that it was den gothe & from go: to 80° gave him the a similar feroation in forth America. The Sensation of Cold was expressedy Still were painful to Dr hordyee when he passed from a room in which the mercury stood at 110° - into the Open air in which

V The pestilential effects of the night air between its temperature, and that of the preceding day. But ME were or The work

it was 45. Dr morely; facts upon this Julijest are Still more to our propose. to From the great relaxation & debylity of the nerous dysters in organical plimates the most trivial Change in the his wi wahes but a small Variation on the Ther. : mounter is jour meting of a lens at (says the Doctor) in If the heat of the air Thould sink to 72: and retirain Hationary for a day, in Island where the energium is 80: it produces an aguish, or chilly sensation that is hardly to be clescribed. again - adds the Doctor of " In the habitable mountains Where the air is scarcely ever so cool as what is called temperate in Imape puple who go these suddenly from the low lands, find the Colones at bint hardly sup: = portable



felt at the humanit of the blue mountains [ about 2400 yards above the level of the fea) is but the effect of the horomorp of the Change from the I couling heat below. The Thermometre on these wountains is about 44° in the day time & 20° at right. The discoses modured by this orduntain of heat from a high to a moderate grade, indus fines, Ipasmo-and a visuabness in the west India
limbs. The frist access in the west India

Shows of the sure in the last horis, Withe

last was Observed in the foldiers who marched from Sues to Cairo in the year of the Touneh of Lighish experient to Egypt. To runesous are these diseases in hot Countries, that Dr. mosely has well remarked that "however paradoxical it may appear told to be

V But how thall live amon reconcile these facts with the amount we gave of the insursability of the body to those quet transitions from to interes heat to cold in thin Cand, Russia & South america. I answer, the heat in these cases is more intense, and enou distructive to finsibility
the ordinary heat horis. In the latter Country heat so far from destroying fensi: - bility concreases it . But there may be another reason why the an extreme of Cold does evet induce Discuss when it sweets be inter qual heat. It may by its said: - Den and great sedative power to produce reac. - tion in the dystern, and this Counter = act its over anosbid effects. hi the same way we Often sufber, by from standing on walking in an air at 32 than ut 45, on 50 this prevents the doscus & The Cather =

the Cause of all about all discuses inhot Climates to Which Chimate alove is newfory, It is for this reason the Doctor very justly says the natives of the Islands are al. = ways in aftate of prehisposition to disease. 2 Cold acts differently auriding to the Durk. = tion of previous heat. The Stop The longer the body has been exposed to heat. the lep it duffers from the Cold, in consequence of the heat distroying fensibility worderly to itself, but to Cold Cihewice, and the thorter the Insation of the fire which fore. = cedes Cold, the more hurtful it becomes to the body. 3 It acts differently according to the quater or less caritability of the System. It has been observed that certain areinals privale in a degree of Cold, that revives them in the Spring. In the former feasouthis

- digress of Cold act too field as a sedative for that purpose. This was The inhabi = tants of Cuba [ Ullow tills us) when mo: = clerately wet, plunge themselves into the in order to taking Cold. The gruntity of water in this case brings an reaction, and thus prevents discare. a Cold Buth at 50 is often enfor and more taketary of the same mason than a Bathat 75. The Jenner by its quater depression of the System, produces greater reaction. This remark will be applied to the in spraking of Cold as a annely. It tenches us the Danger of using very lots water in violent discason It is rendered less hurtful by being applied a great while so as to weather the instability of the Depols. return to 2.10:57. & low water poured down the Stern of the Coat with the cever clivated gives quat brain Itis our Sail of the probes of punishment

Excitability is examoted - in the latter, it is accummulated by the previous Lottl of the porcious winter. If It acts differently according to its quater or les variations. as small variations of heat produce digense to do those of told.

Invided they are and letter more supplied than how as a fresh to the are enemased. by the frequency & suddentels of the Col alternations of heat and Cold. Recollect of the gradual I suffer application of the gradual of the gradual or less certainly in producing discuse awarding as it is ap= -plied to a part the whole of a part of the body, or up an a part that has been confined from, or exposed to the actions the air . Cow best often produce Catamb, Colis, and every palay & aproplexy. The cold hand of a physician will lametimes produce a rigor in the whole body of a

w

4 1

V a lady died of a Consumption in this Lity about 40 years ago by in congraning of fitting a whole evening with the fact of her Stocking chilled by stapping into a gretter of cold water. month is from the partial effects of Cold upon the body, that more colds are taken by sitting before a large fire with the back exposed to Cres. = rents of loss cool air from yours devindons, than from excessing a whole day in the open dir in wold weather with every part of the body aline exposed to it. If the Consumptions which have somuely evereased in vantounty of late years the homen of our lountry I be = - leive are owing in part to their naked elbows and mysom arone. Those parts begree with The partial application of low is felt when the trongs. it is applied to the lungs only. was air inhaled while the body was warning from this partial action of low upon the body This the midium of the lungs that lolds are

patient, and I know a gentleman in this city I morgeo: Chymen I who is hebject. to a longle, who can excite a fit of longh. = ing at any time by in the right, only by putting his hand out of bid. a Current of air against the nech often brings on trangs, stiffress, in influen: on that sait of the body! and townstimes trismus or a loshed jan. I once how a young town which the usually wore upon her cap, was affected with Conyza, and we had a litizen whof. Philad by who was affected with atensh every time he paped a forencon with his Thous down at the heels . all these indio:

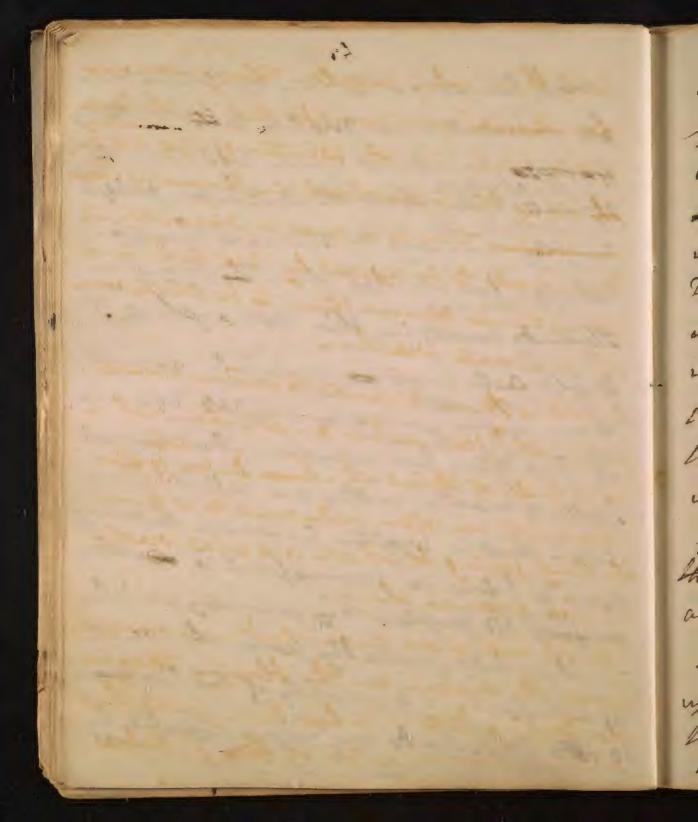
positions are the effects of the lop of the
equilibrium of the System I They should us the importance of granding many

= are so often taken into by invalids who sleeps in a cold room, after passing the whole day in a room of a warm by pleasant temperature. return to 10 60 = 

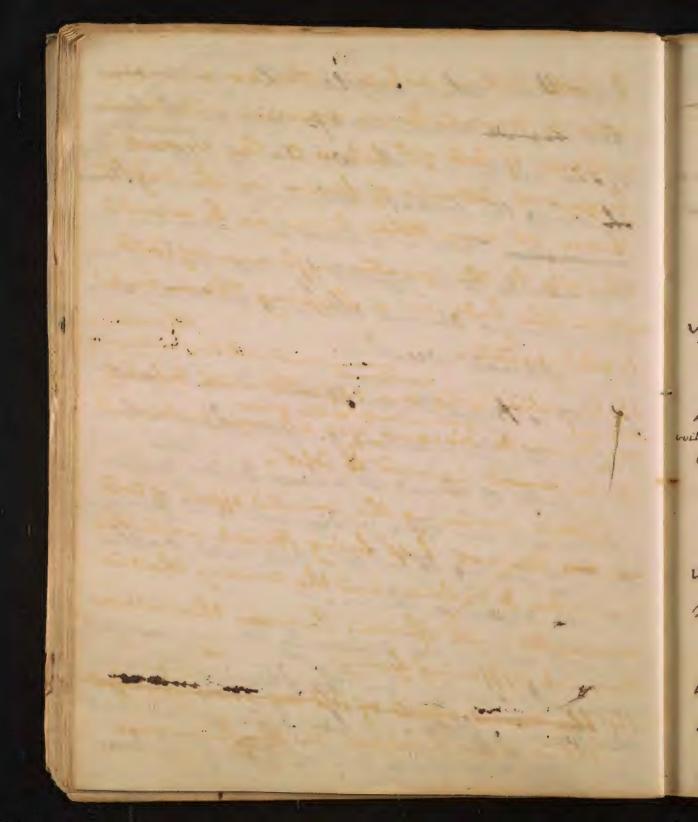
part of the body from the unequal of: = feets of Cold in all Charicotisas pretis: - positions to diocuse. I The mornio effects of the same Degrees of Call are which everenced by being com-- bried with Wind. It dispose to Discuss of the breast are often indues by them. Envisture overesses the morbid effects of Cold. tita It acts like wind by carrying of the last of the body. The Cold of quat Britain ut 30 is enruch more disagniable than the Cold of Rreprie at 10. The Rupian Soilors who spent part of the winter 1771 at Spithon Lottowath Dulaned that the envist was of England was far more insupportable to them the coldest weather they had ever before felt in this

V His to the common Operations of Cold and moisture that the Scrophulas is more common in great Britain any other country, and The poon sufferment from this discore chiefly busines they are more caposed to its servote Cause from the Want of sufficient fuel and clouthing.

own Country. The air of Holland onces ats unwholsome quality to its misture, It is to the effects of that the Inter an obliged in the evening to everese this close. -thing - for at that time It Invistine abounds enost in this atmosphere. 9 Cold acts mon po certainly upon old, than upour young or middle aged persons It has often been remarked that very cold Spells of breather ( as they are called ) in our City - that is, weather in which the morning descends below to provesfatal to so the on four of people. Any gurerally perish in their beds, probably from the want of a sufficient quantity of but Clouber. 10 ft Durnhards are more affected by



Cold than sober people. Thue notorious for the ter downhenselp, died in the Course of Dix weeks in the Winter of 279.1.2 Du. Il = sing the Coldest bruk in January ? in sander there is a great predisposition in Drunkards to be affected by Cold, I hence we Jorne times Observe them to be Chilly even in moderate Weather. I'l Cold is there disposed to produce disease When the Stornach is ampty than when it is full of aliment, - home Sailors suffer from Cold are often predisposed to it from the long basting to which cold stood weather at fea exposes them. 12 Coid acts more certainly bennepowerfully upon the System in the Huping thenin The Twaking State. It has been found that a Erran dies in a Cold of 8:00 9: below



O, boto when aslup; whereas a man who is an whe I in carrier will hurrier a degree of and 30 below O. The more fuguent attacks of fivers in the night than at any other time is be ascribed chiefly to the greater influence of Cold upon the body in a Sluging than in a 13 howalids who are affected with debility, with meath processed always predisposed or Chronic discours free always predisposed to be my injured told. Topon reviewing the sovobid effects of Cold we are count help being thruch with their member, & Diolepee, and the arrisery that is connected wift them. Inhaps there is more animal Iffining from 24 the mation effects of and not more handful Cold is more hurtful in the humanes

- Destand the meson why the in war of the upon the body ish producing discuses, but of the four farming the years they not you will be able to amount for the Variety and Changes in the discuss of the four dersons of the years

I autum when the body is impregate. - to with putio miasmata than at any blus time. I have twice seen sureal with form the wonder from the wonder from the work of a single right eneway bells between 28 of 30:)

The mouth of August, who would felt

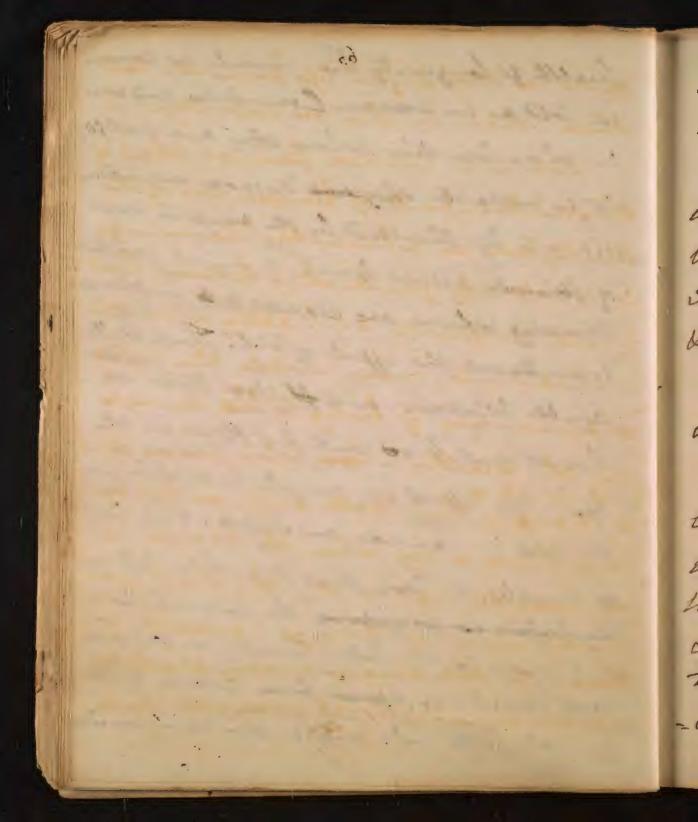
the mouth of August, who would felt I carrely a Hight Catarah from the same change in the weather in the ensuths of hime, or womber. # : In reviewing the morbid effects of Cold, we cannot help being Struck with this mumber & Violence, and the misery that is Connected with their . Perhaps there is more animal Inffering from Cold than from any Other Course. The whole bute Creation growns under it sale milliones of animated Creatures perish from it every year. But to man it is hurtful & distructive in a high degree. Who can calculate

the pains and distrepes of failors, foldiers I the laborering poor from this ause? - how orunerous as and fatal are the discuss induced, directly by its simple Operation , and how fill more minerous & fatal are its expects when combined may be considered as the exiting course of events alidisca.

- has been thrangely overlooked in the inventory of human evils, but I be: - live the facts that have been encourt ruted, authorise us to aport that there does not exert upon our globe a greater every to the life health, and life of men than Cold. The effects of But menerous; distaying and Intal as, Cold have been represented to be, they do not exist by an invessable law of nature. where were hive agreeably to reason

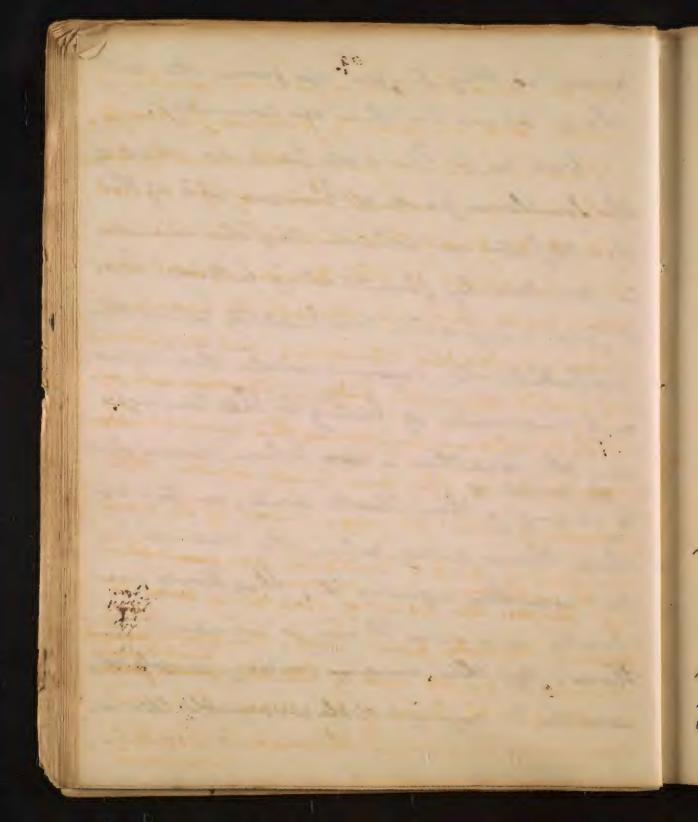
The Deuttes in Petersburg are said to be 1 park in g, and I female in 13 countly after they you to be butween the 20 0 25th years of life, and most of their from the interrepresente Use of Brandy disposing to Junes. This pivers are in phresitie to 5 of all who die I walthur. 5 Granes A STATE OF THE STA

health & longevity are nearly as commen in Cold as in haven Countries, and wen in those Courties Where they are not so, it is probable they are discuses are indu. = ced, and life shortned by the exceptive use of Stimuli arount Spirits, animal foods clancing which are resorted to, to in order to counteract the effects of bold. Thick Walls in the close thous at house", and from, and foot stones in the open air, afford an ample protection from the Cold in Canada and Rufsia. This is to much the Case, that Dequeline letts us Ther Cafrition croppinion the Calamh is unhowin in the latter Country inthissever -rest Winters. I am how hatines of the enidale fates who pap a winter in lunada

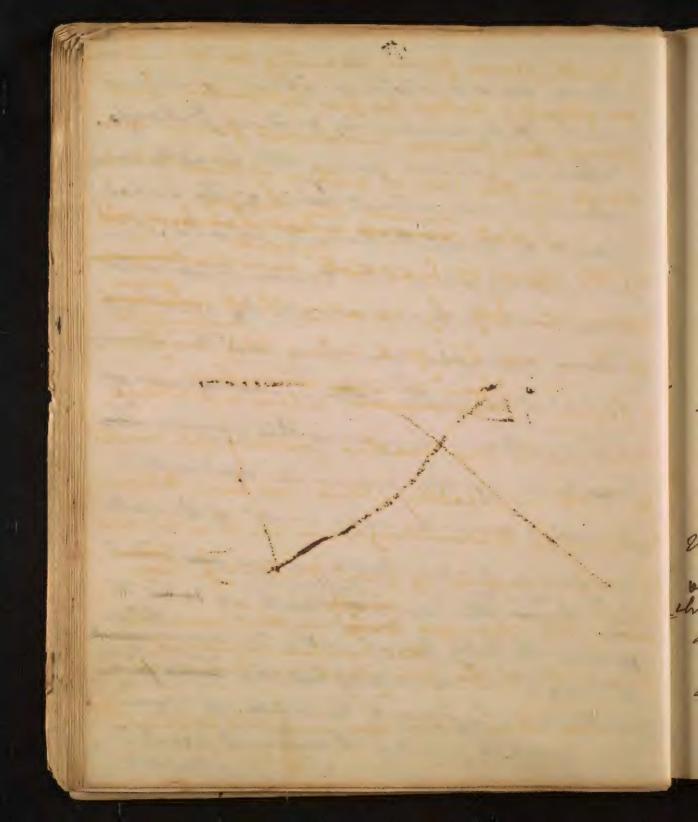


there, than in this on country.

hor is a Climate frech as that of the Southern parts of runger and of the United flates in which the Thermounter is constantly fluctuating between heat & Cold ruparily unhealthy where the inhabitants ausmondate thus Drepes and manner of hiring to the Changes in the weather " Clock where persons object the trouble of their Clocks daily, or two on there times a day, when the changes in the weather require it, they thould wear clouths warmer than is agreeable to them. By this means many people co: - cape the discours of Privale drangable Climates.



hor does Invioture when combined with Gold, muspurily produce fichness. This is wident from the healthy love pleasons and robust botis of the inhabit - tants of great Britain & Ireland. The worked effects of this Elicon of the Enois. -ture with Gold are obviated by constant labor, mitable Cloubting, - and the influence of habit upon the body. - Theresands of Dilydunham confirmathis runhat to how well as the one enade under the prunding head. He says most of the aute discours of great Britain are the products
by the night or want of cloubling to the protect the body from Cold. The same remains produces or excited meanly all the auto fines in the eniddle flates of America. I have been called to many thousand people in:



with fiver from wearing too thin Cloates, or slegging under too few bid clouths, but never one person indisposed from an excep in the erse of either of those articles. I shall describe the history burns upon the body, by repeating that wastrated of them are huntful when they are time.

- form . The temporal when not alterna. - to with Dry weather for serfice months is not unfhealthy This has been taken Erobite of thy Debrinting have if his ausunt thisphysion the changes to the sensible that have been mentioned that have been all the finite all the Discussed that have been ascribed to them.

